

## What is it?

The Healthier Montana Menu Challenge:

- Is a menu-based recognition program that meets nutrition criteria for breakfast, lunch and a la carte offerings;
- Recognizes schools serving healthy school meals that are consistent with the 2005 Dietary Guidelines for Americans and USDA's MyPyramid;
- Applications are open to all Montana schools, regardless of participation level in the school meals program; and
- Allows schools to apply for all three components (breakfast, lunch, and a la carte) or for any one of the three.

## Why Apply?

- **Recognition:** Receive a Healthier Montana Menu Challenge certificate; award-winning schools will be listed on the Montana Office of Public Instruction's Web site.
- **Media Coverage:** Receive local and statewide media coverage announcing your school's award.
- **Sense of Pride:** Recognize the fact that your school is providing the healthiest food possible while teaching children lifelong healthy eating habits.
- **Achievement:** Join an elite group of other school nutrition professionals who excel in healthy menu planning.



The application can be found  
online

<http://www.opi.mt.gov/schoolfood/healthiermt.html>

All schools are encouraged to apply.

Be a Healthy School Champion!



## The Healthier Montana Menu Challenge

Montana Team Nutrition  
202 Romney Gym, MSU, Bozeman, MT 59717  
Project Coordinator: Molly Stenberg, RD  
Telephone: (406) 994-7217, Fax: (406) 994-7300  
E-mail: [stenberg@montana.edu](mailto:stenberg@montana.edu)  
Program Director: Katie Bark, RD  
Telephone: (406) 994-5641, Fax: (406) 994-7300  
E-mail: [kbark@mt.gov](mailto:kbark@mt.gov)

The Office of Public Instruction is committed to equal employment opportunity and non-discriminatory access to all our programs and services. For information or to file a complaint, please contact the OPI Personnel Division, (406) 444-2673.

## The Healthier Montana Menu Challenge

Recognizing  
Exceptional  
School Meal  
Programs



Montana Team Nutrition  
Montana Office of Public  
Instruction  
School Nutrition Programs

January 2009

# Criteria for the Healthier Montana Menu Challenge

## Breakfast Menu Criteria

- Three different fruits are offered each week (includes fresh, frozen, dried and canned in its own juice or light syrup)
- Fresh fruit is offered at least twice per week
- Whole grain foods are offered at least three times per week
- Protein-rich foods (meat/meat alternatives) are offered at least three times per week
- Limit the service of high sugar breakfast cereals and other high sugar items ( $\geq 12$  grams of sugar per 1 oz serving) to one time per month
- Limit the service of baked goods (like doughnuts, sweet rolls, maple bars, toaster pastries) to one time per month
- Higher fat entrée items are limited to once per week. (A higher fat entrée item is defined as having  $\geq 40\%$  of calories from fat, excluding nuts, seeds and nut butters)
- Only low-fat (1%) and fat-free (skim) milk are offered daily
- Menus meet the USDA School Meals Initiative nutrient standards

## Lunch Menu Criteria\*

- Offer a different vegetable each day of the week (at least  $\frac{1}{4}$  cup serving size)
- Dark green or orange vegetables are offered three or more days per week (Of the 3, at least 2 are different. All must be at least  $\frac{1}{4}$  cup serving size)
- Cooked/dried beans or peas (legumes) are offered once per week (at least  $\frac{1}{4}$  cup serving size)
- Offer a different fruit each day of the week (at least  $\frac{1}{4}$  cup serving size)
- Offer fresh fruit at least one day per week (at least  $\frac{1}{4}$  cup serving size)
- A serving of a whole grain food is offered three or more times per week (or daily)
- Only low-fat (1%) and fat-free (skim) milk are offered daily

\*Adapted from the USDA's HealthierUS School Challenge. **Updated January 2009.**  
<http://www.fns.usda.gov/tn/HealthierUS/index.html>

Montana Team Nutrition, Telephone (406) 994-7217  
January 2009



## Competitive Foods Criteria\*

- **Calories from total fat** must be at or below 35%, *excluding nuts, seeds, nut butters and reduced fat cheese.*
  - **Less than 0.5 grams *trans* fat per serving** ("trans-fat free")
  - **Calories from saturated fat** must be at or below 10%
  - **Total sugar** must be at or below 35% by weight. This includes both naturally occurring and added sugars. Excludes fruits, vegetables and milk.
  - **Sodium** must be:  
 $\leq 480$  mg per side dish/non-entrée serving  
 $\leq 600$  mg per main dish/entrée serving
  - **Portion sizes** for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the NSLP; for other items, the package or container must not exceed 200 calories.
- Approved Beverages Include:**
- **Milk** must be low-fat (1%) and/or fat-free (skim), flavored or unflavored, meeting state and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages. Must be limited to a maximum of 8 fluid ounces.
  - **100% full strength fruit and vegetable juices** with no sweeteners (nutritive or non-nutritive). Must be limited to a maximum of 6 fluid ounces.
  - **Water** must be non-flavored; no sweeteners (nutritive or non-nutritive); non-carbonated and non-caffeinated.